Reduced-Carb Indian Masala Beef
with Zucchini and Carrot Ribbons

With quick-cook beef in a fragrant coconut sauce and veggie ribbons instead of rice, this low-carb dinner dishes up fast flavour.

🕑 25 minutes   🍴 2 Servings

WHAT WE SEND

- 1 onion
- 1 carrot
- 1 zucchini
- beef stir-fry
- 10g masala seasoning
- 200ml coconut milk

WHAT YOU NEED

- 2 garlic cloves
- 1 tbs vegetable oil
- 1 tsp soy sauce [6]
- ½ tsp white vinegar

TOOLS

- vegetable peeler
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 525kcal, Fat 31.2g, Carbs 13.1g, Proteins 45.0g

1. Prep veggies

Thinly slice the **onion**. Crush or finely chop **2 garlic cloves**. Peel the **carrot**, then peel the carrot and **zucchini** into ribbons with a vegetable peeler (see Make it yours).

2. Brown beef

Separate the **beef stir-fry**. Heat **1 tbs vegetable oil** in a medium deep frypan over high heat until very hot. Stir-fry the beef for 2 mins or until browned. Remove from the pan.

3. Simmer sauce

Return the pan to medium heat. Cook the **onion** and **garlic**, stirring, for 3 mins or until softened. Add the **masala seasoning** and cook, stirring, for 1 min or until fragrant. Add the **coconut milk** and **60ml (¼ cup) water**, bring to a simmer and cook for 4 mins or until slightly reduced.
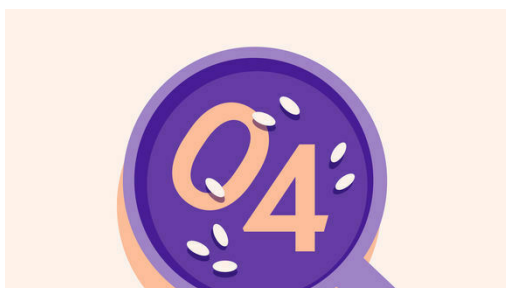
4. Soften veggie ribbons

Add the **beef**, **1 tsp soy sauce** and **½ tsp white vinegar** to the pan and season with **salt and pepper**. Stir to combine and warm through. Meanwhile, put the **carrot** and **zucchini** in a large heatproof bowl. Cover with boiling water and stand for 1 min or until slightly softened. Drain. Season with **salt and pepper**.
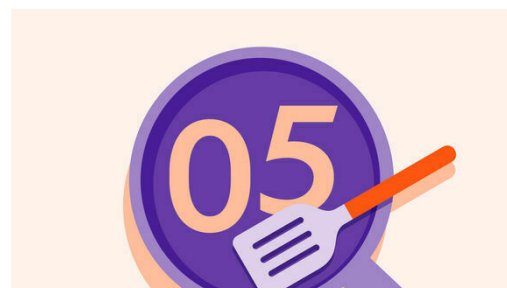
5. Serve up

Divide the **veggie ribbons** and **masala beef** among bowls and enjoy!

6. Make it yours

If you have a spiraliser, you can use it to make zucchini and carrot 'noodles' instead of ribbons.

Packed in Australia from at least 75% Australian ingredients